



GOVERNMENT OF THE DISTRICT OF COLUMBIA

**MURIEL BOWSER, MAYOR**

## OLDER AMERICANS MONTH

May 2016

Each May, the District of Columbia joins the nation in celebrating 'Older Americans Month.' Designated in 1963 by President John F. Kennedy, this is a month when we pay tribute to our older friends, family and neighbors. The theme this year is 'Blazing a Trail,' in recognition of the many contributions our elders have made to our country, and to our society.

We have some great activities lined up for Older Americans Month, including senior proms, senior games, forums, art shows and community days. Our seniors are central to the vibrancy and success of our city. You can find a list of events at DCOA's website at <http://dcoa.dc.gov/>.

Here in DC, we don't just honor seniors during May. We honor them every single month by creating an environment in which they can thrive. The District is focused on making the District a world class, age-friendly city. It is our creed that any person, of any age, should be able to have a great life in DC - whether you've been here for five minutes, or five generations. We are constantly looking for new ways to support our older residents, so that people can live independently - in their homes and communities - as long as they choose.

### Safe at Home

This year we launched 'Safe at Home,' a program that provides up to \$10,000 in financial support to seniors and people with disabilities, for home adaptations. To date, more than 240 people have started the process to enroll in the program, and the list continues to grow. For more information about the Safe at Home program, please reach out to Home Care Partners at 202-638-0050.

### Regulatory Changes

We are also on the lookout for new laws and regulations that can help our seniors. It recently came to the Administration's attention that federal regulations had hampered the ability of older residents to get proper DC identification. You may remember Virginia McLaurin, the beautiful 107 year old who enjoyed a dance with the President. Because of her age, some of the newly required forms of documentation weren't even around when she was born. So we righted that wrong by issuing a new DC regulation that will help seniors like Mrs. McLaurin get the proper ID to access the many activities, benefits and services they deserve.

### Senior Symposium

We are also looking ahead to our annual 'Mayor's Senior Symposium.' The symposium will take place on August 4, 2016 at the historic Paul Laurence Dunbar Senior High School. The theme, **Healthy Homes. Healthy Hearts. Healthy Living**, will touch on the Administration's priorities for an age-friendly DC. With input from the community, we are putting together a great lineup of workshops related to health care, housing, transportation, estate planning, nutrition, and technology. To sign up, please contact DCOA at 202-724-5622 or [dcoa@dc.gov](mailto:dcoa@dc.gov).

We are committed to enhancing the lives of older Americans, and supporting independent living in the community. Living well means more than just taking care of our basic needs. It means fostering a community where everyone is able to live their fullest life. But we cannot do it alone. We want your input and your ideas, so please send in any thoughts, questions or comments to [Age.Friendly@dc.gov](mailto:Age.Friendly@dc.gov).



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## OLDER AMERICANS MONTH ACTIVITIES

May 2016

### Artists' Reception

IONA Wellness & Arts Center

4125 Albemarle St NW

Saturday, May 14, 2016

From 2 pm to 4 pm

For more information, call (202) 966-1055

### Congress Heights Senior Wellness Center Anniversary Celebration

3500 Martin Luther King, Jr. Avenue SE

Friday, May 20, 2016

From 1 pm to 3 pm

For more information, call (202) 563-7225

### Ward 5 Senior Community Day

North Michigan Park Recreation Center 1331

Emerson Street NW

Thursday, May 19, 2016

From 11 am to 2 pm

For more information, call (202) 529-8701

### Senior Health and Fitness Day

Bernice Fonteneau Senior Wellness Center

3531 Georgia Avenue NW

Wednesday, May 25, 2016

From 9 am to 12 pm

For more information, call (202) 727-0338

### East River Family Strengthening Collaborative Annual Senior Prom

Saint Luke Center

4923 East Capital Street NE

Thursday, May 19, 2016

From 5 pm to 9 pm

For more information, call (202) 534-4880

### Older Americans Month Senior Health and Wellness Fair

Model Cities Senior Wellness Center

1901 Evarts Street NE

Wednesday, May 25, 2016

From 10 am to 2 pm

For more information, call (202) 635-1900

### TERRIFIC, Inc. Older Americans Month Health & Wellness Fair

19th Street Baptist Church

4606 16th Street NW

Friday, May 20, 2016

From 10:30 am to 2 pm

For more information, call (202) 234-4128

### Older Americans Month Celebration

Hayes Senior Wellness Center

500 K Street NE

Wednesday, May 25, 2016

From 10am to 2pm

For more information, call (202) 727-0357



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